



### Safety Head Restraints

Adjust head restraint to support the back of the head approximately at ear level. Do not extend the head restraint past the stop.

#### Safety head restraints, front

##### Height adjustment:

Pull head restraint slightly forward (1) and slide up or down as required.

##### Removing head restraints:

Pull head restraint up to the stop. Depress release button (2) to be felt under the seat back covering material and pull head restraint upward quickly, holding it by the LH head restraint post (viewed in driving direction). Then pull out head restraint completely with both hands.

#### Safety head restraints, rear

##### Height adjustment:

Pull head restraint slightly forward and slide up or down as required.

##### Removing head restraints:

Pull up head restraint until resistance can be felt. Then pull it out quickly using both hands.

##### Note:

For your protection, drive only with properly positioned head restraints.